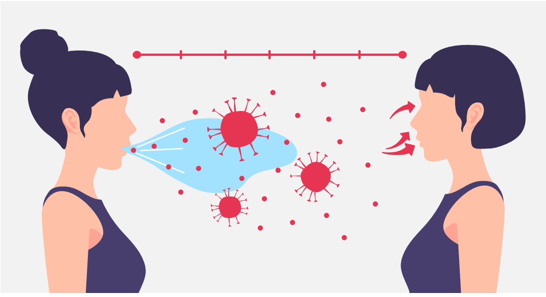
Hari gihamya zifatika za siyansi ko kwambara agapfukamunwa birinda ikwirakwira rya COVID-19.

Bumwe mu buryo bworoshye bwo kurengera ubuzima n'imibereho muri iki cyorezo ni ukwambara agapfukamunwa.[1,2] Imiryango hafi ya yose yita ku buvuzi n'ibya siyansi yemera ko agapfukamunwa ari uburyo bwiza bwo gufasha guhagarika ikwirakwira rya COVID-19.[2,3,4,5,6,7]

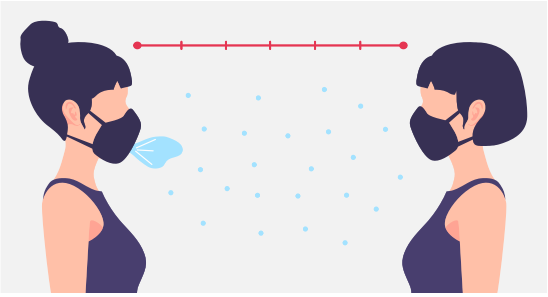
Ubushakashatsi bwakozwe n'ikigo gishinzwe kugenzura no kurwanya indwara bwerekanye ko agapfukamunwa katarinda abandi bantu kwandura iyi virusi itera COVID-19 gusa, ahubwo ko gashobora no kurinda ukambaye.[8] Tuzi ko COVID-19 ikwirakwira cyane mu bitonyanga no mu mwuka biva mu mazuru no mu kanwa.[9,10] Kwambara agapfukamunwa bigabanya cyane ibyago by'uko umuntu yakwirakwiza virusi mu bandi cyangwa akayandura.[11]

Agapfukamunwa kagabanya kwanduza umwuka wo mu kirere



Utagaragaza ibimenyetso — Utarwaye

Ugereranyije



Utagaragaza ibimenyetso — Utarwaye

Kwambara agapfukamunwa no kwikingiza bigabanya ikwirakwira rya COVID-19 mu mashuri n'umubare w'abanyeshuri n'abarimu bajya mu kato.

Amabwiriza agenga akato ku mashuri mu mwaka w'amashuri wa 2021-2022 yemerera abanyeshuri benshi kwitabira kwiga bahibereye mu gihe bakingiwe cyangwa bambaye agapfukamunwa. Abanyeshuri bashobora gukomeza kwiga bahibereye nyuma yo kwegera uwanduye niba:

- Ukingiye byuzuye.
- Wowe n'umuntu ikizami cyagaragaje ko arwaye mwembi mwari mwambaye agapfukamunwa.
- Wari wambaye agapfukamunwa ka N95 cyangwa KN95 igihe wegeranaga n'uwanduye, nubwo uyu muntu yaba ntako yari yambaye.

1. https://s3-us-west-2.amazonaws.com/marriner-wpmedia/wp-content/uploads/2020/11/SeegertGaulinYangNavarroSanchez2020-web.pdf
2. https://www.idsociety.org/covid-19-real-time-learning-network/infection-prevention/masks-and-face-coverings-for-the-public/
3. https://pws.byu.edu/covid-19-and-masks
4. https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext
5. https://msphere.asm.org/content/5/5/e00637-20/article-info
6. https://www.cdc.gov/mmwr/volumes/69/wr/mm6928e2.htm?s_cid=mm6928e2_w
7. https://jamanetwork.com/journals/jama/fullarticle/2768532
8. https://www.cdc.gov/coronavirus/2019-ncov/more/masking-science-sars-cov2.html
9. https://science.sciencemag.org/content/368/6498/1422
10. https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-sars-cov-2.html
11. https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext